



# Hurricane Active Life Center

435-635-2089

July 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>1</b>			
<p>A suggested donation of \$3.00 is requested from seniors 60 and older.</p> <p>Persons under 60 can enjoy a meal for \$7.00</p> <p>Milk and Bread served with all meals.</p> <p>Follow Us on Facebook @triocommunitymeals.com</p>			<p>Tater Tot Casserole</p> <p>Parslied Carrots</p> <p>Mixed Green Salad</p> <p>Garlic Texas Bread</p> <p>Peach Crisp</p> <p>Milk</p> <p>Salad Dressing</p> <p>Diet - Hot Peaches</p>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<p><b>CLOSED</b></p> <p><i>Independence Day (observed)</i></p>	<p><b>Independence Day Meal</b></p> <p>Chili Cheese Dog</p> <p>Tater Tots</p> <p>Coleslaw</p> <p>Hot Dog Bun</p> <p>Apple Blueberry Crisp</p> <p>Milk</p> <p>Ketchup   Mustard</p> <p>Diet - Apple Slices</p>	<p>Turkey Tetrazzini</p> <p>Stewed Tomatoes</p> <p>Capri Veg Blend</p> <p>Texas Bread</p> <p>Fresh Seasonal Fruit</p> <p>Milk</p>	<p>Homemade Meatloaf w/ Gravy</p> <p>Mashed Potatoes</p> <p>Parslied Carrots</p> <p>Creamed Peas</p> <p>Dinner Roll</p> <p>Pineapple Tidbits</p> <p>Milk</p> <p>Margarine</p>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<p>BBQ Pork</p> <p>Spinach Greens</p> <p>Coleslaw</p> <p>Macaroni and Cheese</p> <p>Cornbread</p> <p>Strawberry Gelatin w/ Fruit</p> <p>Milk</p> <p>Margarine</p> <p>Diet - Fruited Gelatin</p>	<p>Honey Lime Chicken Breast</p> <p>Cabbage and Carrots</p> <p>Sugar Snap Peas</p> <p>Buttered Rice</p> <p>Dinner Roll</p> <p>Grapes</p> <p>Milk</p> <p>Margarine</p>	<p>Swiss Steak</p> <p>California Veg Blend</p> <p>Whole Kernel Corn</p> <p>Egg Noodles</p> <p>Wheat Bread</p> <p>Fresh Seasonal Fruit</p> <p>Milk</p> <p>Margarine</p>	<p>Turkey Shepherd's Pie</p> <p>Garden Vegetable Blend</p> <p>Spinach Salad</p> <p>Dinner Roll</p> <p>Hot Spiced Apples</p> <p>Milk</p> <p>Margarine</p> <p>Salad Dressing</p>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p>Hawaiian Chicken Haystack</p> <p>White Rice</p> <p>Tomatoes and Green Peppers</p> <p>Cucumber Salad</p> <p>Pineapple Tidbits</p> <p>Milk</p>	<p>Pot Roast w/Gravy</p> <p>Mixed Vegetables</p> <p>Spinach Salad</p> <p>Mashed Potatoes</p> <p>Wheat Bread</p> <p>Fresh Seasonal Fruit</p> <p>Milk</p> <p>Salad Dressing</p> <p>Margarine</p>	<p>Potato Crusted Pollock</p> <p>Black Beans</p> <p>Coleslaw</p> <p>Corn Tortilla</p> <p>Spanish Rice</p> <p>Applesauce</p> <p>Milk</p> <p>Taco Sauce</p>	<p><b>Pioneer Day Meal</b></p> <p>Bratwurst w/Sauerkraut</p> <p>Tater Tots</p> <p>Coleslaw</p> <p>Hot Dog Bun</p> <p>Apple Crisp</p> <p>Milk</p> <p>Ketchup   Mustard</p> <p>Diet - Apple Slices</p>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p>Sliced Turkey Breast w/Gravy</p> <p>Green Beans and Onions</p> <p>Mixed Green Salad</p> <p>Mashed Potatoes</p> <p>Texas Bread</p> <p>Citrus Fruit Cup</p> <p>Milk</p> <p>Salad Dressing</p>	<p>Beef Chili w/Beans</p> <p>Baked Potato</p> <p>California Veg Blend</p> <p>Wheat Bread</p> <p>Fresh Seasonal Fruit</p> <p>Milk</p> <p>Margarine</p> <p>Sour Cream</p> <p>Shredded Cheese</p>	<p>Pork Roast w/Lemon Caper Sauce</p> <p>Glazed Beets</p> <p>Green Beans</p> <p>Brown Rice</p> <p>Dinner Roll</p> <p>Fresh Seasonal Fruit</p> <p>Milk</p> <p>Margarine</p>	<p>Teriyaki Chicken Breast</p> <p>Japanese Veg Blend</p> <p>Napa Cabbage</p> <p>Jasmine Rice</p> <p>Dinner Roll</p> <p>Ambrosia Salad</p> <p>Milk</p> <p>Margarine</p>